

Italian Seasoning Mix

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Flaked basil	2 oz	1 1/4 cups 2 Tbsp	8 1/2 oz	1 qt 1 1/2 cups	1. Combine all ingredients.
Flaked oregano		1 1/4 cups 2 Tbsp	8 oz	1 qt 1 1/2 cups	
Flaked marjoram		1 cup	4 oz	1 qt	
Flaked thyme		1/4 cup		1 cup	2. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Mexican Seasoning Mix

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chili powder	8 1/4 oz	1 3/4 cups	2 lb 5 1/2 oz	1 3/4 qt	1. Combine all ingredients.
Ground cumin	5 oz	1 1/3 cups	1 lb 6 oz	1 qt 1 1/3 cups	
Paprika		1/4 cup 3 Tbsp	7 oz	1 3/4 cups	
Onion powder		1/4 cup 3 Tbsp	7 1/2 oz	1 3/4 cups	2. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Barbeque Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock		1/2 cup 2 Tbsp		2 1/2 cups	1. Simmer chicken stock and onions over medium heat for 5 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Dehydrated onions OR *Fresh onions, chopped		2 Tbsp 1 tsp 1/4 cup	2 oz 6 oz	1/2 cup 1 Tbsp 1 cup	
Catsup	1 lb 13 oz	3 cups	7 lb 3 oz	1 No. 10 can	2. Add all other ingredients. Simmer for 15-20 minutes, stirring frequently. Use immediately.
Garlic powder		1/2 tsp		2 tsp	
Brown sugar, packed	6 oz	3/4 cup	1 lb 8 oz	3 1/4 cups	

Comments:
*See Marketing Guide.

50 servings recipe is for 1 quart Barbecue Sauce. 100 servings recipe is for 1 gallon.
Two Tbsp of Barbecue Sauce are used in the nutrient calculation.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 1/2 oz	7 oz

Nutrients Per Serving			
Calories	49	Saturated Fat	
Protein	1g	Cholesterol	0mg
Carbohydrate	12g	Vitamin A	36 RE/357 IU
Total Fat	TR	Vitamin C	4.1mg
Thiamin	.03mg	Riboflavin	.02mg
Phosphorus	16mg	Potassium	119mg
		Iron	.4mg
		Calcium	12mg
		Sodium	296mg
		Dietary Fiber	
		Niacin	.42mg

Brown Gravy

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	1. Melt butter or margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
All-purpose flour	5 oz	1 cup 2 Tbsp	10 oz	2 1/4 cups	
Beef stock		2 qt 1/2 cup		1 gal 1 cup	2. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Onion powder		2 tsp		1 Tbsp 1 tsp	
Black or white pepper		1/4 tsp		1/2 tsp	3. CCP Hold for hot service at 140 degrees F or higher. Serve over mashed potatoes, noodles, rice, meat, or poultry.

Comments:
50 servings recipe is for 1/2 gallon Brown Gravy. 100 servings recipe is for 1 gallon.
Two Tbsp of Brown Gravy are used in the nutrient calculation.

Nutrients Per Serving					
Calories	24	Saturated Fat		Iron	.1mg
Protein	TR	Cholesterol	4mg	Calcium	2mg
Carbohydrate	2g	Vitamin A	13 RE/55 IU	Sodium	195mg
Total Fat	2g	Vitamin C	Tr	Dietary Fiber	
Thiamin	.01mg	Riboflavin	.01mg	Niacin	.16mg
Phosphorus	6mg	Potassium	8mg		

Chicken or Turkey Gravy

Sauces, Gravies, and Seasoning Mixes

G-03A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	1. Melt butter or margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 6-8 minutes.
All-purpose flour	5 oz	1 cup 2 Tbsp	10 oz	2 1/4 cups	
Chicken or turkey stock		2 qt 1/2 cup		1 gal 1 cup	2. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Poultry seasoning		1 tsp		2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Black or white pepper		1/4 tsp		1/2 tsp	3. CCP Hold for hot service at 140 degrees F or higher. Serve over mashed potatoes, noodles, rice, meat, or poultry.

Comments:

50 servings recipe is for 1/2 gallon Chicken or Turkey Gravy. 100 servings recipe is for 1 gallon.

Cream Gravy

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or margarine	2 1/2 oz	1/2 cup 1 Tbsp	5 oz	1/2 cup 2 Tbsp	1. Melt butter or margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 4-6 minutes.
All-purpose flour	3 oz	1/2 cup 3 Tbsp	6 oz	1 1/4 cups 2 Tbsp	
Reconstituted, nonfat dry milk		2 qt 1/2 cup		1 gal 1 cup	2. Slowly stir in reconstituted dry milk, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 4-6 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Onion powder		2 tsp		1 Tbsp 1 tsp	
Black or white pepper		1/4 tsp		1/2 tsp	3. CCP Hold for hot service at 140 degrees F or higher. Serve over mashed potatoes, noodles, rice, meat, or poultry.

Comments:

50 servings recipe is for 1/2 gallon Cream Gravy. 100 servings recipe is for 1 gallon.

Nacho Cheese Sauce

Meat Alternate

Sauces, Gravies, and Seasoning Mixes

G-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reconstituted nonfat dry milk		3 cups		1 1/2 qt	1. Combine milk, cheese, butter or margarine, and seasonings (optional). Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes.
Process American cheese, shredded	3 lb 6 oz	3 qt 2 1/2 cups	6 lb 12 oz	1 gal 3 1/4 qt	
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	2. Add green chili peppers (optional). Stir to combine. 3. To maintain smooth consistency, serve immediately or keep warm. CCP Hold for hot service at 140 degrees F or higher. Portion 1 1/2 oz (3 Tbsp) over taco shell pieces, baked potato, broccoli, cauliflower, or other vegetables. (If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.)
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
Green chili peppers, chopped (optional)	2 oz	1/4 cup	4 oz	1/2 cup	

Comments:

#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Italian Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix.

SERVING:	YIELD:	VOLUME:
3 Tbsp (1 1/2 oz) provide 1 oz of cheese	50 Servings: about 2 1/2 qt	50 Servings:
	100 Servings: about 1 1/4 gal	100 Servings:

Nacho Cheese Sauce

Nutrients Per Serving					
Calories	136	Saturated Fat		Iron	.1mg
Protein	7g	Cholesterol	34mg	Calcium	208mg
Carbohydrate	1g	Vitamin A	106 RE/440 IU	Sodium	465mg
Total Fat	11g	Vitamin C	.1mg	Dietary Fiber	
Thiamin	.02mg	Riboflavin	.13mg	Niacin	.03mg
Phosphorus	243mg	Potassium	77mg		

Sweet and Sour Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock		3 1/4 cups		1 qt 2 1/2 cups	1. Combine stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice. Bring to boil. Reduce heat to simmer. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Vinegar		1 cup		2 cups	
Brown sugar, packed	4 oz	1/2 cup 1 Tbsp	8 oz	1 cup 2 Tbsp	
Soy sauce		1/2 cup		1 cup	
Tomato paste	4 3/4 oz	1/2 cup	9 1/4 oz	1 cup	
Pineapple juice		2 1/2 cups		1 1/4 qt	
Cornstarch	3 oz	1/2 cup 3 Tbsp	6 oz	1 1/4 cups 2 Tbsp	2. Combine cornstarch and water. Mix until smooth.
Water		1/2 cup		1 cup	3. Add to simmering mixture. Stir occasionally and cook over medium heat until thickened, 6-8 minutes. Use immediately.

Comments:

50 servings recipe is for 1/2 gallon Sweet and Sour Sauce. 100 servings recipe is for 1 gallon.

Nutrients Per Serving					
Calories	22	Saturated Fat		Iron	.3mg
Protein	Tr	Cholesterol	0mg	Calcium	7mg
Carbohydrate	5g	Vitamin A	5 RE/50 IU	Sodium	243mg
Total Fat	Tr	Vitamin C	1.6mg	Dietary Fiber	
Thiamin	.01mg	Riboflavin	.01mg	Niacin	.10mg
Phosphorus	6mg	Potassium	52mg		

Tartar Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Mayonnaise or salad dressing, chilled	2 lb 10 oz	1 qt 1 1/4 cups	5 lb 4 oz	2 qt 2 1/2 cups	1. Combine all ingredients. Blend well.
Sweet pickle relish, undrained, chilled	1 lb 6 1/2 oz	2 1/2 cups	2 lb 13 oz	1 qt 1 1/4 cups	
Dehydrated onions		1/4 cup		1/2 cup	
Parsley flakes		1/2 cup		1 cup	
Dry mustard		1 tsp		2 tsp	
					2. Cover. Refrigerate until ready to use.
					3. Serve with fish sandwiches, fish portions, or fish sticks.

Comments:
50 servings recipe is for 1/2 gallon Tartar Sauce. 100 servings recipe is for 1 gallon.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	50 Servings: about 64 1-oz servings	50 Servings: 1/2 gal
	100 Servings: about 128 1-oz servings	100 Servings: 1 gal

Nutrients Per Serving			
Calories	148	Saturated Fat	Iron .3mg
Protein	Tr	Cholesterol 11mg	Calcium 8mg
Carbohydrate	4g	Vitamin A 6 RE/100 IU	Sodium 177mg
Total Fat	15g	Vitamin C .9mg	Dietary Fiber
Thiamin	Tr	Riboflavin Tr	Niacin .02mg
Phosphorus	8mg	Potassium 35mg	

Tomato Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 Tbsp 1 1/2 tsp		3 Tbsp	1. Heat oil. Add onions and cook approximately 5 minutes.
Dehydrated onions OR		1/4 cup		1/2 cup	
*Fresh onions, chopped	6 3/4 oz	1 cup 2 Tbsp	13 1/2 oz	2 1/4 cups	2. Add tomato paste, canned tomatoes, water, pepper, parsley flakes, garlic powder, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP Heat to 140 degrees F or higher.
Tomato paste	1 lb 2 1/2 oz	2 cups	2 lb 5 oz	1/3 No. 10 can	
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1/2 No. 10 can	6 lb 6 oz	1 No. 10 can	
Water		1 cup		2 cups	
Black pepper		1/4 tsp		1/2 tsp	
Parsley flakes		2 Tbsp		1/4 cup	
Garlic powder		1 1/2 tsp		1 Tbsp	
*Flaked basil		1/2 tsp		1 tsp	
*Flaked oregano		1/2 tsp		1 tsp	
*Flaked marjoram		1/4 tsp		3/4 tsp	
*Flaked thyme		1/8 tsp		1/4 tsp	3. CCP Hold hot for service at 140 degrees F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D-27A), or Salisbury Steak (see D-33).

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1/2 gallon, use 1 1/2 tsp Italian Seasoning Mix. For 1 gallon, use 1 Tbsp Italian Seasoning Mix.
50 servings ingredients make 1/2 Gallon of Tomato Sauce. 100 servings is for 1 Gallon.
Two Tbsp of Meatless Tomato Sauce are used in the nutrient calculation.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	7 3/4 oz	15 1/2 oz

Tomato Sauce

Nutrients Per Serving					
Calories	16	Saturated Fat		Iron	.4mg
Protein	1g	Cholesterol	0mg	Calcium	10mg
Carbohydrate	3g	Vitamin A	157 RE/332 IU	Sodium	42mg
Total Fat	Tr	Vitamin C	6.8mg	Dietary Fiber	
Thiamin	.02mg	Riboflavin	.02mg	Niacin	.40mg
Phosphorus	12mg	Potassium	134mg		

White Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE:					
Butter or margarine	2 oz	1/4 cup	4 oz	1/2 cup	1. Melt butter or margarine. Add flour and salt. Stir until smooth.
All-purpose flour	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup	
Salt		1 tsp		2 tsp	
Reconstituted nonfat dry milk		2 qt		1 gal	2. Add milk gradually, stirring constantly.
					3. Cook, stirring frequently, until smooth and thick, 12-15 minutes. Use immediately as called for in other recipes.
					CCP Hold hot at 140 degrees F or higher until used.
MEDIUM WHITE SAUCE:					
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	SUGGESTED USES:
All-purpose flour	4 1/2 oz	1 cup	9 oz	2 cups	THIN WHITE SAUCE: Cream soup; gravy; creamed and scalloped vegetables, eggs, fish, meat.
Salt		1 tsp		2 tsp	
Reconstituted nonfat dry milk		2 qt		1 gal	
THICK WHITE SAUCE:					
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	MEDIUM WHITE SAUCE: Gravy; creamed and scalloped vegetables, eggs, fish, meat.
All-purpose flour	6 3/4 oz	1 1/2 cups	13 1/2 oz	3 cups	
Salt		1 tsp		2 tsp	
Reconstituted nonfat dry milk		2 qt		1 gal	THICK WHITE SAUCE: Binder for soufflés, croquettes.

Comments:

50 servings recipe is for 1/2 gallon White Sauce. 100 servings recipe is for 1 gallon.

Two tablespoons of Medium White Sauce are used in the nutrient calculation.

White Sauce

Nutrients Per Serving					
Calories	31	Saturated Fat		Iron	.1mg
Protein	1g	Cholesterol	5mg	Calcium	40mg
Carbohydrate	3g	Vitamin A	14 RE/55 IU	Sodium	68mg
Total Fat	1g	Vitamin C	.2mg	Dietary Fiber	
Thiamin	.02mg	Riboflavin	.06mg	Niacin	.13mg
Phosphorus	32mg	Potassium	58mg		

Cheese Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or margarine	4 oz	1/2cup	8 oz	1 cup	1. Melt butter or margarine. Add flour and salt. Stir until smooth.
All-purpose flour	2 1/2 oz	1 cup	9 oz	2 cups	
Salt		1 tsp		2 tsp	
Reconstituted nonfat dry milk		2 qt		1 gal	2. Add milk gradually, stirring constantly.
Process American cheese, shredded			3 lb	3 1/4 qt	3. Add shredded American cheese. Cook, stirring frequently, until smooth and thick, 12-15 minutes.
					CCP Hold hot at 140 degrees F or higher until used.

Comments:
50 servings recipe is for 1/2 gallon Cheese Sauce. 100 servings recipe is for 1 gallon.

Spiced Apple Topping

Fruit

Sauces, Gravies, and Seasoning Mixes

G-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	1/4 cup	4 oz	1/2 cup	1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle.
Honey	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Apple juice		1 qt 1 1/2 cups		2 qt 3 cups	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
Cornstarch		1/2 cup		1 cup	
Ground cinnamon		1 Tbsp		2 Tbsp	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
Ground nutmeg		1 1/2 tsp		1 Tbsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
Canned, unsweetened, sliced apples	4 lb 2 oz	2 qt	8 lb 4 oz	1 gal	5. Serve over waffles, pancakes, or ice cream.

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of fruit	50 Servings: 8 lb 6 oz	50 Servings: 1 gal
	100 Servings: 16 lb 12 oz	100 Servings: 2 gal

Special Tip:
For each 50 servings, add 1 cup of raisins with the apples for a flavorful topping.

Spiced Apple Topping

Fruit

Sauces, Gravies, and Seasoning Mixes

G-09

Nutrients Per Serving					
Calories	88	Saturated Fat	.2g	Iron	.3mg
Protein	0g	Cholesterol	0mg	Calcium	7mg
Carbohydrate	21g	Vitamin A	13 RE/54 IU	Sodium	13mg
Total Fat	1.1g	Vitamin C	0mg	Dietary Fiber	1g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Honey Barbecue Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dried onions		2 Tbsp		1/4 cup	1. Reconstitute onions in an equal amount of hot water. Do not drain.
Hot water		2 Tbsp		1/4 cup	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	2. Melt margarine or butter in stock pot or steam-jacketed kettle and add onions. Sauté onions until lightly browned, about 5 minutes.
Honey	2 lb	1 qt	4 lb	2 qt	3. Add remaining ingredients and allow to simmer, uncovered, for 20 to 30 minutes.
White pepper		1 Tbsp		2 Tbsp	
Paprika		2 Tbsp		1/4 cup	4. Hold hot for service. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Prepared yellow mustard		1 Tbsp		2 Tbsp	
Worcestershire sauce		2 Tbsp		1/4 cup	
Catsup		3 cups		1 qt 2 cups	
Granulated garlic		1 tsp		2 tsp	
White vinegar		1/2 cup		1 cup	
Tomato paste	8 oz	1 cup	1 lb	2 cups	

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle)	50 Servings: 4 lb 6 oz	50 Servings: 1 qt 2 1/4 cups
	100 Servings: 8 lb 12 oz	100 Servings: 3 qt 1/2 cup

Honey Barbecue Sauce

Nutrients Per Serving					
Calories	104	Saturated Fat	.6g	Iron	.5mg
Protein	1g	Cholesterol	0mg	Calcium	10mg
Carbohydrate	21g	Vitamin A	96 RE/735 IU	Sodium	241mg
Total Fat	2.9g	Vitamin C	5mg	Dietary Fiber	1g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Stir-Fry Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add spices and sesame oil (optional) to this mixture.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Ground ginger		1/2 tsp		1 tsp	2. Heat beef, chicken, or vegetable stock in pot to the boiling point.
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp	
White pepper		2 tsp		1 Tbsp 1 tsp	CCP Heat to 165 degrees F or higher for at least 15 seconds.
Sesame oil (optional)		1/4 cup		1/2 cup	
Low-sodium beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal	3. Slowly stir in cornstarch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat. Use immediately as called for in other recipes.
					CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
3 Tbsp	50 Servings: 4 lb 14 oz	50 Servings: 2 qt 1 1/2 cups
	100 Servings: 9 lb 12 oz	100 Servings: 1 gal 3 cups

Special Tips:

1) This sauce can be made 1 to 2 days in advance.

2) Makes an excellent dressing for a vegetable stir-fry. Use 1 qt of sauce for each 12 lb of vegetables.

Stir-Fry Sauce

Nutrients Per Serving					
Calories	16	Saturated Fat	.1g	Iron	.1mg
Protein	1g	Cholesterol	0mg	Calcium	3mg
Carbohydrate	3g	Vitamin A	0 RE/1 IU	Sodium	388mg
Total Fat	.1g	Vitamin C	0mg	Dietary Fiber	0mg
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Teriyaki Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar	4 oz	1/2 cup	8 oz	1 cup	1. Mix all ingredients in a bowl.
Garlic powder		2 1/2 tsp		1 Tbsp 2 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Ground ginger	1 oz	1 1/2 tsp	2 oz	1 Tbsp	2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well mixed.
Worcestershire sauce		2 Tbsp		1/4 cup	
Catsup	2 lb 8 oz	1 qt	5 lb	2 qt	
Cider vinegar		1/2 cup		1 cup	4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Low-sodium soy sauce		1 cup		2 cups	

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle)	50 Servings: 3 lb 12 oz	50 Servings: 1 qt 2 1/2 cups
	100 Servings: 7 lb 8 oz	100 Servings: 3 qt 1 cup

Nutrients Per Serving			
Calories	37	Saturated Fat	0g
Protein	1g	Cholesterol	0mg
Carbohydrate	9g	Vitamin A	22 RE/223 IU
Total Fat	.1g	Vitamin C	3mg
Thiamin		Riboflavin	
Phosphorus		Potassium	
		Iron	.4mg
		Calcium	9mg
		Sodium	497mg
		Dietary Fiber	0g
		Niacin	

Cucumber Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz		1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice.
*Onions, minced	2 oz	1/4 cup	4 oz	1/2 cup	2. In a separate bowl, mix together the rest of the ingredients.
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups	
White vinegar		2 Tbsp 1 tsp		1/4 cup 2 tsp	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	
Parsley flakes		2 Tbsp		1/4 cup	3. Fold cucumbers into mixture.
Salt		1/4 tsp		1/2 tsp	4. Chill at least 2 hours before serving.
White pepper		1/4 tsp		1/2 tsp	5. Serve with Gyro Sandwich (F-9).

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Cucumbers	1 lb 15 oz	3 lb 14 oz
Onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle)	50 Servings: 3 lb 2 oz	50 Servings: 1 qt 2 1/2 cups
	100 Servings: 6 lb 4 oz	100 Servings: 3 qt 1 cup

Special Tips:

1) For a quick Cucumber Sauce, add 1 lb 10 oz grated cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.

2) For best results, to develop flavor, prepare the night before.

Cucumber Sauce

Nutrients Per Serving					
Calories	19	Saturated Fat	.2g	Iron	.1mg
Protein	1g	Cholesterol	2mg	Calcium	20mg
Carbohydrate	2g	Vitamin A	3 RE/18 IU	Sodium	41mg
Total Fat	1g	Vitamin C	1mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			